

02 APRIL 2015

# Pass it on...

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## **ACS MILITARY CHILD APPRECIATION BOWLING**

Military Parents and Children: Join Army Community Service staff as they celebrate "Month of the Military Child" with free bowling, free pizza and free great parenting resources April 11 from 12:30-5 p.m. at Thunder Alley Lanes, building 1511. Cosmic Bowling is from 1-3 p.m., and regular bowling is from 3-5 p.m. For more information, contact Dr. Ken Robinson at 524-1991.

## 5K RUN/WALK FOR NATIONAL VOLUNTEER WEEK (FLYER)

During the week of 12-18 April 2015, it's the National Volunteer Week, the Army will celebrate the contributions of millions of volunteers with the 2015 theme, "Army Volunteers – Hand that Serve, Hearts Care." This theme truly reflects the power volunteers have to inspire the people they help as well as inspiring others to serve.

Fort Carson Army Volunteer Corps and the American Red Cross will co-sponsor the Fort Carson Volunteer 5K Run / Walk on 15 April 2015, 3:30 PM. The event begins at the Special Events Center at 3:30 PM. Participants may register on Eventbrite.com or on-site prior to the event at 2:00 PM. FREE t-shirts for the first 300 registrants. Prizes awarded to the top 3 runners, top 3 walkers and top 3 youth. Children, strollers and pets are welcome. Water and snacks will be provided. This Volunteer 5K Run / Walk is open to anyone.



The flyer is for the National Volunteer Week 5k Run/Walk. It features a large title "National Volunteer Week" in a bold, black, serif font, with "5k Run/Walk" in a smaller, bold, black, sans-serif font below it. The text is surrounded by a decorative border of red footprints. Logos for the U.S. Army Volunteer Corps and the American Red Cross are prominently displayed. The event details are listed in a clear, sans-serif font, including the date (Wednesday, April 15, 2015), registration times, and the location (Fort Carson, CO). A silhouette of a runner crossing a finish line is also included. The theme "Army Volunteers- Hands that Serve, Hearts that Care" is written in a bold, sans-serif font. At the bottom, there is a section for sponsors and contact information.

**National Volunteer Week**  
**5k Run/Walk**

U.S. Army Volunteer Corps  
American Red Cross

Wednesday, April 15, 2015  
[Eventbrite.com](http://Eventbrite.com) - Pre-register  
2:00 pm - Registration on site  
3:30 pm - 5k Run/Walk  
\*FREE event t-shirts for the first 300 registrants  
Special Events Center  
Fort Carson, CO

**"Army Volunteers-  
Hands that Serve, Hearts that Care"**

Sponsored by the Fort Carson Army Volunteer Corps and the American Red Cross in celebration of National Volunteer Week 2015. For more information contact Joey Bautista at (719) 526-1082 or Gabby Skovira at (720) 556-9333

Name: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_ Circle one: Male / Female

Event: Run / Walk (Circle one) Unit/Directorate: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

T-Shirt Size\*: Small Medium Large X-Large

\* T-shirts will be distributed to the first 300 registrants. Pre-registered racers will be given priority, with a first come, first serve for those registering at the event.

**APRIL IS MONTH OF THE MILITARY CHILD (FLYER)**

**CELEBRATE!**  
Military Children  
April 2015 is the Month of the Military Child

**Celebrate military children with these great events!**

**4/3**

**FREE Butterfly & Bead Craft**

3 p.m. - 4 p.m. at Grant Library. All Ages.  
Info: 526-2350

**4/8 4/18**

**FREE Racquetball Lessons**  
McKibben PFC

Families learn racquetball techniques and hands-on fun. 30 minute lesson includes racquets, balls and goggles.  
Ages: 5 and older  
Call to sign up: 526-2597

**4/4 4/11 4/25**

**FREE! Kids Cycle Class**  
10 p.m. - 10:30 p.m., Iron Horse Gym (ages 10 and up)

**FREE Kid's Obstacle Course/Treasure Hunt**  
April 4 @ Waller PFC  
10 a.m. - 2 p.m., Ages 2-5

**4/4 4/11 4/18 4/25**

**Zumbatomic \$3 Per Person**  
**April 18 class is FREE**

11 a.m.-11:45 a.m. at Iron Horse Gym ages 4 and up with a parent.

**4/17 4/18**

**FREE Recreational Swimming**  
Iron Horse Pool

Free admission for all kids during open swim on the 18th & 19th. Call 526-4093.

1 p.m. - 4 p.m. & 6 p.m. - 8:30 p.m. (18th)  
10 a.m. - 6 p.m. (19th)

**4/11**

**Buy One Get One Free Cosmic Bowling and Blue Color Pin Shot**  
1 p.m. - 3 p.m.  
Thunder Alley Bowling Center

Presented by Thunder Alley Bowling Center and ACS. Play Cosmic Bowl and Blue Color Pin shot. Get free game coupons!  
Info: 526-4201

**4/22 5/6**

**Spring Mountain Bike Trip**  
**Cost: \$10 per person**

Bike rental included  
5:30 p.m. - 8 p.m.  
Class Meets at Outdoor Recreation Complex.  
Info: 526-3907

**APR**

**1/2 Off Belay for Adults and FREE Belay for Children! (ages 10-17)**  
For the entire month of April.  
**@ The Outdoor Recreation Complex**

**APR**

**1/2 Off Daily Pass Cheyenne Mountain Shooting Complex**  
Ages 6 - 23  
Info: 896-6196  
(DoD ID Cardholders Only)

**APR**

**Elkhorn Catering & Conference Center**  
\$1 Hot Dogs & \$2 Grilled Cheese Sandwiches during lunch and dinner hours for children 12 and under.

Lunch: Tue.-Fri. 11 a.m. - 1:30 p.m.  
Dinner: Wed.-Sat. 4 p.m. - 9 p.m.

**Questions? Visit [MWRFortCarson.com](http://MWRFortCarson.com)**

More Events and Info at [www.mwrfortcarson.com](http://www.mwrfortcarson.com)

CarsonDFMWR

Follow us! @carsondfmwr



**CARBOARD BOAT RACE (FLYER)**



# Cardboard Boat Race

Build a boat out of Duct tape and Cardboard!

April 10 3:00-6:00 p.m.

Iron Horse Indoor Pool



## Pre-Register by April 8

\$5 per team, pay at registration.

Grand Prize is a 2 hour pool party at the outdoor pool for up to 300 people and will be awarded to the winners of the following contests:

- 1st place finisher in Cardboard Boat Race
- Best Team Costume with Matching Boat Contest
- Biggest Cannon Ball Splash Contest

- Limited to (20) 5 person teams
- Boat **MUST** be built at HOME
- Register at Iron Horse Pool for Official rules.
- Open to DoD ID cardholders.
- Teams given 1 Roll of Duct Tape & 1 Piece of Chloroplast

**Questions? Call 526-4093**



More Events and Info at  
[www.mwrfortcarson.com](http://www.mwrfortcarson.com)



Fort Carson Aquatics  
CarsonDFMWR



Follow us!  
@carsonmwr



Iron Horse Sports & Fitness Center  
6415 Specker Ave., Building 1925  
Fort Carson, CO 80913

## CAREER FAIR FOR DEFENSE TECHNOLOGY & INTELLIGENCE (FLYER)

# DEFENSE TECHNOLOGY & INTELLIGENCE CAREER FAIR

*Meet defense industry employers at the event,  
build your network, explore job and professional development opportunities.*

**Peterson AFB**  
**Thursday, April 09, 2015 – 10am to 2pm**

**\*Peterson Club**  
**260 Glasgow Avenue, Building 1013**  
**Peterson AFB, CO 80914**

\*The career fair is open to job seekers that already have access onto the military installation. Event organizer and sponsor cannot provide access for job seekers regardless of pre-registration.

### All Experienced Professionals (Military, Contractors & Civilians)

With The Following Sample Backgrounds Are Invited.

**Federal Security Cleared Preferred but not mandatory.**

These may or may not be the specific jobs being offered at the event and is only listed to demonstrate who should attend.

**Administrators**  
(Network/Systems)  
**Aerospace Professionals**  
**Analysts**  
**Communications/Signal**  
**Consultants**  
**Acquisition Professionals**  
**Cyber Security**

**Developers**  
**Engineers**  
(Electrical/Software/Network)  
**Finance Professionals**  
**Homeland Security Professionals**  
**IA Professionals**  
**IT Specialists**

**Intelligence Professionals**  
**Linguists/Translators**  
**Logisticians**  
**Program Managers**  
**Project Managers**  
**Technicians**  
**Trainers/Instructors**  
**& More**

**Free Resume Critique From Expert Resume Solutions**  
**Free Multiple Job Search Agents**

**Even If You Can't Attend,**  
**Do The Following Steps Before The Event**

**Register by taking a brief career survey, uploading your resume and selecting which career fair(s) you want to share your resume.**

**You can register by scanning the QR Code or clicking on the "Job Seeker Registration" button on any of our events listed on our website below.**



**To Register, View Exhibitor List, Job/Career Offerings & For More Info**

**[www.TransitionCareers.com](http://www.TransitionCareers.com)**



**Event Sponsored By**  
Rocky Mountain,  
Company Grade Officers' Council



**Event Organized By**  
Transition Careers, LLC

**No Endorsement Implied or Made by DoD and Federal Government**

## FREE RESUME CRITIQUE



- ERS, a Professional Resume Writer with 5 Star Google ratings, is offering Free Resume Critiques to Transition Careers job seeker clients.
- To obtain your FREE Resume Critique and & \$25 Off Any Resume Package, submit your resume online and enter promo code "Transition Careers"



Phone: 732-686-6455, [Info@ExpertResumeSolutions.com](mailto:Info@ExpertResumeSolutions.com)

<http://tinyurl.com/TCFRC>

## FREE MULTIPLE JOB SEARCH AGENTS



- The newest job postings from hundreds of job boards and websites across the internet sent to your email every day!
- Customizable search terms to target only jobs you want to receive.
  - Create up to 20 different job search agents!
- Real jobs. No multi-level-marketing or pay-for-hire.
  - Always 100% FREE.



Subscribe to your personalized job alert emails today.  
Just go to the link below and enter your job search information:

<http://tinyurl.com/TCJSA>



**CARSON COLOR FEST AND COLOR RUN (FLYER)**



**CARSON  
COLOR FEST &  
COLOR RUN**

**MAY 16**  
**Iron Horse Park**

**Color Run**

- Race starts at 10:30
- Pre-register at Nelson Pool beginning April 27th
- Day of Race Registration - 10 a.m. \$2 Per Person; \$10 Family 5+
- 3 Years and Under are Free
- Bring Eye Protection and Towel

**Festival**

- Festival Ends at 3
- Kite making/flying
- Petting Zoo
- Live Entertainment and other activities
- Food and Beverage for sale
- No Pets
- Check website for FAQs

 More Events and Info at [MWRFortCarson.com](http://MWRFortCarson.com)

 [CarsonMWREvents](#)  
[CarsonDFMWR](#)

 Follow us!  
[@CarsonMWR](#)

 Fort Carson Iron Horse Park  
6751 Sheridan Ave., bldg. 1909



# NEEDED: CYS SERVICES YOUTH SPORTS & FITNESS COACHES



**So you're thinking about volunteering as a Youth Sports Coach? Here's what you should expect:**

- Pass a background check which must be completed **BEFORE** working with our youth
- Attend mandatory pre-season training (3 hours)
- 2-3 hours per week for practices and games
- Communicate with the Youth Sports staff and the parents on your team
- An 8-week season of **FUN!!!**



## Why volunteer as a Youth Coach???

- Discount on sports enrollment for your children
- Promotion points for active duty
- Volunteer hours for everyone
- Build a resume
- Making a difference in the lives of the youth in our community
- Because it just feels great

## INTERESTED???

Contact the Youth Sports office in the Youth Center (5950 Ware Street) to pick up your application or by phone, 719-526-4425, for more information.



More Events and Info at  
[www.mwrfortcarson.com](http://www.mwrfortcarson.com)



Carson CYSS  
CarsonDFMWR



@CarsonMWR  
#CarsonMWR



Youth Sports @ Youth Center  
6181 Ware St., Bldg. 5950



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### COMMUNITY SUNRISE SERVICE

The Fort Carson Community Sunrise Service takes place April 5 at 6:30 a.m. at Founders Field (Nelson Boulevard and Chiles Avenue, east of Soldiers' Memorial Chapel. An Easter Breakfast immediately follows the service at Veterans Chapel (Titus Boulevard and Magrath Avenue).

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### EASTER BRUNCH (FLYER)

 **Elkhorn Catering & Conference Center**

# Easter Brunch

## April 5, 2015

**1st Seating 10:30 a.m.  2nd Seating 12:30 p.m.**  
**\$24.95 Adults, \$9.95 Kids 6-12, & free for kids 5 and under.**

*Reservations and Pre-payment Due by April 1st!*

-  Meet the Easter Bunny
-  Easter Egg Hunt
-  Drawing for It's Family Food & Fun gift cards
-  Guitarist for Entertainment
-  Each child receives an Easter Egg filled with Candy
-  Balloon Twisters on Site

**Questions? Call 576-6646**

 More Events and Info at [www.mwrfortcarson.com](http://www.mwrfortcarson.com)

 The Ivy Irish Pub  
CarsonDFMWR

 @CarsonMWR  
#CarsonMWR

 Elkhorn Catering/Conference Center  
1725 Woodfill Rd., Bldg. 7300  
Fort Carson, CO 80913

## **EFMP EVENTS COMING UP (FLYERS)**

**\*\*Ft. Carson EFMP Meet-up** (formally EFMP Special Needs Activity Group (SNAG))  
The Exceptional Family Member Program (EFMP) & New Parent Support Program (NPSP) facilitate a monthly meet-up group for parents of special needs children called EFMP Meet-up. The EFMP Meet-up is a GREAT place for parents of children who have health needs/concerns such as: Allergies, G-tube feeding, Autism Spectrum Disorder, learning disabilities, ADHD, Downs Syndrome, etc...to give and receive support from other parents as well as discuss special needs topics.

EFMP Meet-up group schedule:


Monday, April 27 (9:00am to 10:30am)

Monday, May 25 (9:00am to 10:30am)

Meeting location is The Family Connection bldg 1354, Berkeley. Parents are encouraged to come to the group, even if their children cannot attend. If your children will be attending the group with you, you must RSVP to Jessica Brown or Sunny Ginter at (719) 526-4590. Parents can also register to attend at [www.eventbrite.com](http://www.eventbrite.com). Search for Ft. Carson EFMP Meet-up, and select the number of attendees (website will prompt you to purchase ticket, the purchase a ticket option is simply reserving your spot. THIS IS A NO-COST ACTIVITY).

# **EFMP Meet-Up Group**

## **Parent to Parent Support & Education**



The Exceptional Family Member Program (EFMP) & New Parent Support Program (NPSP) facilitate a monthly activity group for parents of special needs children called EFMP Meet-Up Group, formally known as SNAG.




EFMP Meet-Up group is a GREAT place for parents of children who have health needs/concerns such as: Allergies, G-tube feeding, Autism Spectrum Disorder, learning disabilities, ADHD, Down Syndrome, etc... to give and receive support from other parents as well as discuss special needs topics.

**EFMP Meet-Up Group Schedule**  
Monday, January 26 (9:00am to 10:30am)  
Monday, February 23 (9:00am to 10:30am)  
Monday, March 30 (9:00am to 10:30am)  
Monday, April 27 (9:00am to 10:30am)  
Monday, May 25 (9:00am to 10:30am)

EFMP Meet-Up Group meets the last Monday of every month. Meeting days may be adjusted due to the holiday or holiday week. Meeting location is the Family Connection Center, Bldg. 1354, on Berkeley Ave.

Parents are encouraged to come to the group, even if their children cannot attend. If your children will be attending the group with you, you must RSVP to Jessica Brown or Sunny Ginter at (719) 526-4590. Parents can also register to attend at [www.eventbrite.com](http://www.eventbrite.com). Search for EFMP Meet-Up Group, and select the number of attendees (website will prompt you to purchase ticket, the purchase a ticket option is simply reserving your spot. THIS IS A NO-COST ACTIVITY).

**Parent to Parent Support & Education**





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### **EFMP PARENT TRAINING**

The Exceptional Family Member Program (EFMP) is partnering with Trumpet Behavioral Health to provide parents with a class on Supports for Daily Living with Autism and a social skills group for children with autism and their siblings April 10 from 6-7:30 p.m. at Army Community Service, building 1526. Registration is required for this event by calling Sunny Ginter or Tiki Derrickson at 526-4590. Strategies will be presented to increase independence during daily living routines, and effectively prevent and manage problem behavior at home and in the community.

Training topics may include:

--Independently completing daily living tasks, such as brushing teeth, getting dressed, and tying shoes --Avoiding and managing challenging behaviors at home and in the community --Promoting communication and language development through natural learning opportunities --Creating a more efficient morning routine --One on one discussion opportunities with a behavior analyst

While you are attending the training portion, trained personnel will work with your child within the context of a social skills group. The social skills group is designed to foster communication, language development, problem solving, compromise, and many other critical skills. This group will be tailored to meet the individual needs of the children who attend.

Additionally, EFMP staff requests that attendees RSVP the number of children who plan on attending so they can plan accordingly.



## **FORT CARSON CELEBRATES NATIONAL VOLUNTEER WEEK 12-18 APRIL 2015**

National Volunteer Week began in 1974 when President Richard Nixon signed an executive order establishing the week as an annual celebration of volunteering. Since then, every U.S. President has signed a proclamation promoting National Volunteer Week. Additionally, governors, mayors and other elected officials make public statements and sign proclamations in support of National Volunteer Week.

Volunteers serve in various community programs that positively impact the quality of life and well being of the youth and adults, who live, work and play at Fort Carson. Many community and family support programs would not be able to provide the programs and services without valuable contributions of our Volunteers.

During the week of 12-18 April 2015, the Nation will celebrate the contributions of millions of volunteers with the 2015 theme, "Army Volunteers- Hands that Serve Hearts that Cares". This theme truly reflects the power that volunteers have to inspire the people they help, as well as inspiring others to serve. The occasion also presents an opportunity for individuals, Families, nonprofit organizations and government entities alike to celebrate the ordinary people who accomplish extraordinary things through service.

From 12-18 April 2015, the Fort Carson Army Volunteer Corps hosts National Volunteer Week celebrations on Fort Carson to celebrate and encourage volunteering on Fort Carson and in the community.

**13 April 2015, 1000-1400 - National Volunteer Week Celebration at the Commissary with volunteer display, marquee and giveaways.**

**14 April 2015, 1000-1400 - National Volunteer Week Celebration at the Fort Carson Main Exchange (AAFES) outside lobby with a FREE Ice Cream offered (1100-1300) to Fort Carson Volunteers sponsored by the Fort Carson Army Volunteer Corps program.**



15 April 2015, 2:00-5:00 – Fort Carson Volunteer 5K Run Walk:  
Fort Carson Army Volunteer Corps and the American Red Cross will sponsor the Fort Carson Volunteer 5K Run / Walk on 15 April 2015, 3:30 PM. The event begins at the Special Events Center at 3:30 PM. Participants may register on Eventbrite.com or on-site prior to the event at 2:00 PM. FREE t-shirts for the first 300 registrants. Prizes awarded to the top 3 runners, top 3 walkers and top 3 youth. Children, strollers and pets are welcome. Water and snacks will be provided. This Volunteer 5K Run / Walk is open to anyone

16 April 2015, 1000 -1400 - National Volunteer Week Celebration at the Fort Carson United Service Organization (USO) in partnership with the USO at Fort Carson. Free lunch (1130-1300) provided by USO.

17 April 2015, 1100 -1300 - National Volunteer Week Celebration at the Army Community Service with volunteer display, marquee and Cake.

Visit the Fort Carson Army Volunteer Corp office- Building 1526, Army Community Service or call/email Joey Bautista, Volunteer Manager 526-4590/1082, [josesimo.r.bautista.civ@mail.mil](mailto:josesimo.r.bautista.civ@mail.mil) for this event and for more information regarding volunteer's opportunities

### **FORT CARSON MILITARY INTELLIGENCE BALL (FLYER)**

All Military Intelligence Soldiers and Civilians are invited to the Fort Carson Military Intelligence Ball April 10th at the Antlers Hotel. Tickets are \$30 for Tier 1 (E1-E4), \$40 for Tier 2 (E5-E7, WO1-CW2, O1-O3, GS12 & below) and \$50 for Tier 3 (E8-E9, CW03+, 04+, GS13+, retirees). Entree choices are : Braised Beef Ribs, Potato Gnocchi or Mahi Mahi. CYS childcare (for registered children) is available for the evening. Attire is Military Formal: Dress Mess or ASU with Black Bow Tie and Civilian Formal: Black Tie and Evening Gown. The guest speaker for the evening will be CSM David M. Clark, Command Sergeant Major, 4th Infantry Division & Fort Carson. Tickets can be purchased through unit POCs or my contacting CPT Michelle McCarroll at [michelle.s.mccarroll.mil@mail.mil](mailto:michelle.s.mccarroll.mil@mail.mil) or 719-503-0456.

**Ticket Prices**  
Tier 1 (E1-E4): \$30 | Tier 2 (E5-E7, WO1-CW2, O1-O3, GS12 & below): \$40 |  
Tier 3 (E8-E9, CW03+, 04+, GS13+, retirees): \$50

You are cordially invited to the

## Fort Carson Military Intelligence Ball

On Friday, the Tenth of April  
from six o'clock in the evening until midnight

Guest Speaker:  
CSM David M. Clark  
Command Sergeant Major, 4<sup>th</sup> Infantry Division & Fort Carson

Attire:  
Military Formal: Dress Mess or ASU with Black Bow Tie  
Civilian Formal: Black Tie and Evening Gown

The Antlers Hilton Colorado Springs  
4 South Cascade Avenue  
Colorado Springs, Colorado 80903



**Tickets available through March 27, 2015**

Hotel Reservations: (719) 955-5600 | [www.antlers.com](http://www.antlers.com) | Group code "MIBAL"



**FREE!!!**

## FORT CARSON TAX CENTER

# FREE Tax Return Preparation

**Opening Day:**  
**2 February 2015**  
**Last Day:**  
**15 April 2015**

**Location:**  
1358 Barkley Ave.  
Ft Carson, CO

**Hours: Mon-Fri**  
**0900-1600**

**Open on all**  
**Training Holidays**

**\*Closed all**  
**Federal Holidays**

The Fort Carson Office of the Staff Judge Advocate is pleased to announce the re-opening of the Fort Carson Tax Center. We will offer FREE income tax preparation services for both State and Federal tax returns to all Active Duty Service Members, mobilized Reservists (with orders), dependents, and Retirees. All preparers are certified by the IRS as both military and advanced income tax preparers. In 2014, the Tax Center prepared over 3,712 federal returns and over 2,948 state returns. We saved our clients over \$900,000 in tax preparation fees.

**At your appointment,** be sure to have the following documents available, if applicable:

- A copy of your 2013 tax return
- W-2's, 1099s, and 1098's
- Social Security Cards for you and your dependents
- Copies of court orders for divorce, child custody, and child support and Form 8332 if post-2008 divorce
- Documentation of the following:
  - Childcare costs
  - IRA Contributions
  - Stock, bond, or mutual fund sale
  - Alimony paid or received
  - Bank account and routing numbers if you expect a refund and wish to receive it via direct deposit
  - A Special Power of Attorney if you plan to sign a tax return for a deployed service member.

### TAXES ARE DONE BY APPOINTMENT ONLY

You can call, send a message via Facebook, or email.

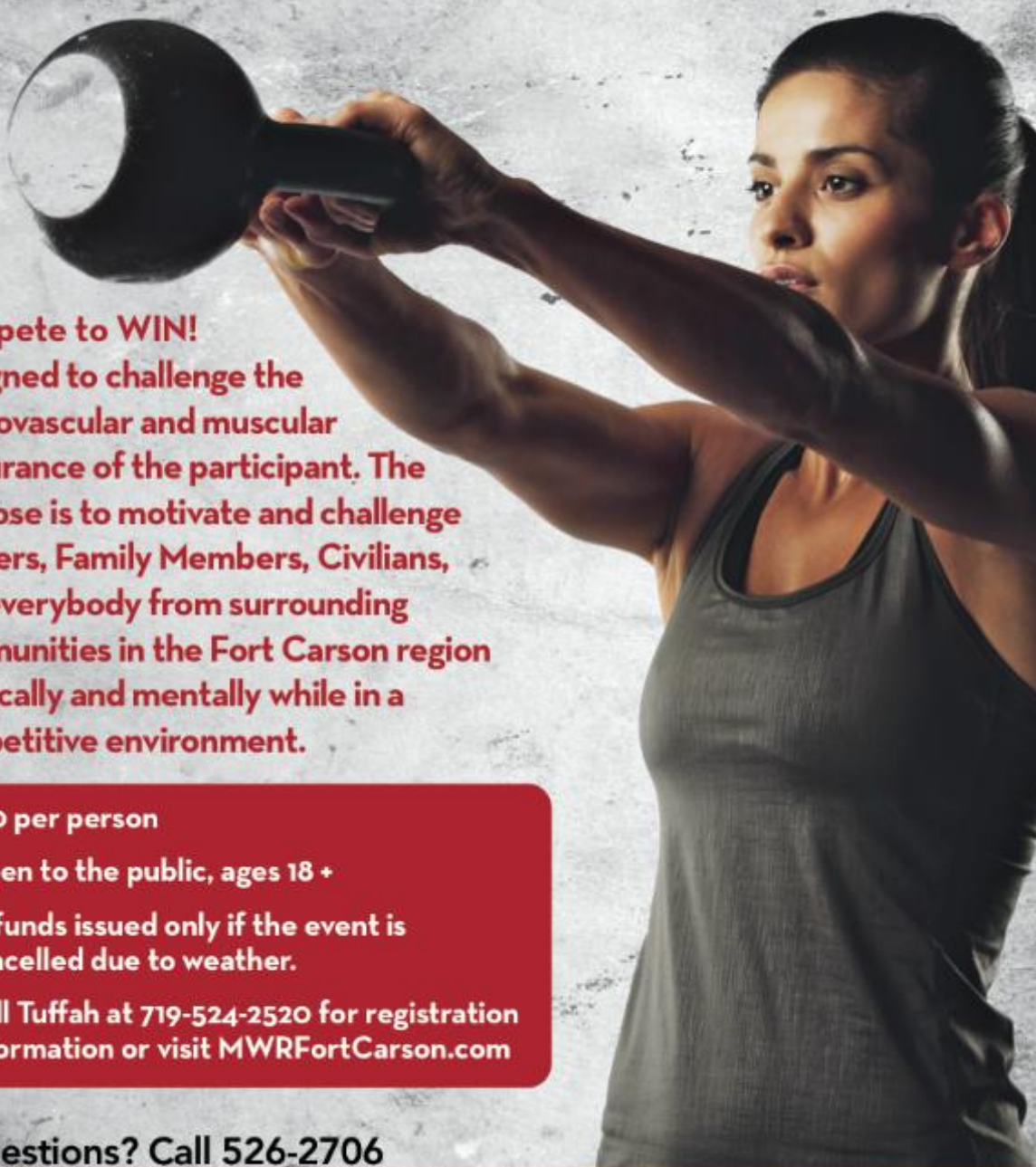
**\* We will begin scheduling appointments on 26 January 2015.**



**APPT LINE NUMBER:**  
**719-524-1013**

**FACEBOOK:**  
<https://www.facebook.com/#!/carsontax>

**APPT BY EMAIL:**  
[usarmy.carson.4.id.list.sja-tax-center@mail.mil](mailto:usarmy.carson.4.id.list.sja-tax-center@mail.mil)

## FUNCTIONAL FITNESS SPRING THROWDOWN (FLYER)




 **FUNCTIONAL FITNESS  
SPRING THROWDOWN** | **APRIL 11**  
9 A.M.-2 P.M. 


AT IRON HORSE PHYSICAL FITNESS CENTER


**Compete to WIN!**  
Designed to challenge the cardiovascular and muscular endurance of the participant. The purpose is to motivate and challenge Soldiers, Family Members, Civilians, and everybody from surrounding communities in the Fort Carson region physically and mentally while in a competitive environment.


- \$20 per person
- Open to the public, ages 18 +
- Refunds issued only if the event is cancelled due to weather.
- Call Tuffah at 719-524-2520 for registration information or visit [MWRFortCarson.com](http://MWRFortCarson.com)

**Questions? Call 526-2706**

 More Events and Info at [MWRFortCarson.com](http://MWRFortCarson.com)

 Iron Horse Sports-Fitness-Center  
CarsonDFMWR

 @carsonmwr  
#CarsonMWR

 Iron Horse Physical Fitness Center  
6415 Specker Ave., Building 1925  
Fort Carson, CO 80913



**GRANT LIBRARY SAFARI DAY (FLYER)**

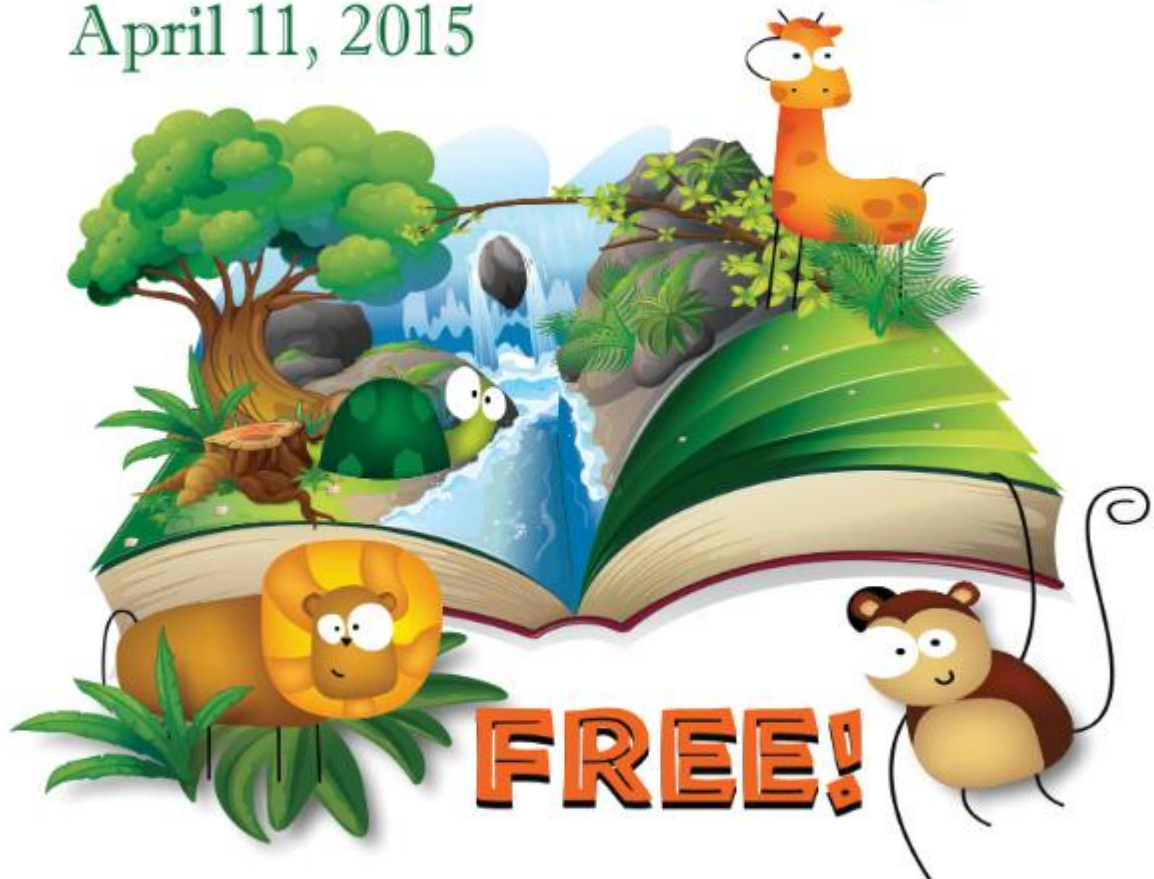
A Celebration of the Military Child



# SAFARI DAY

Grant Library  
April 11, 2015

1:00-3:00 p.m.



Crafts! Story Time! Refreshments!

Open to all DoD ID holders

Call 526-2350 for more information.



More Events and Info at  
[MWRFortCarson.com](http://MWRFortCarson.com)



Carson Grant  
[CarsonDFMWR](https://www.facebook.com/CarsonDFMWR)



@carsonmwr  
[#carsonmwr](https://twitter.com/carsonmwr)



Grant Library  
1637 Flint St., Bldg. 1528

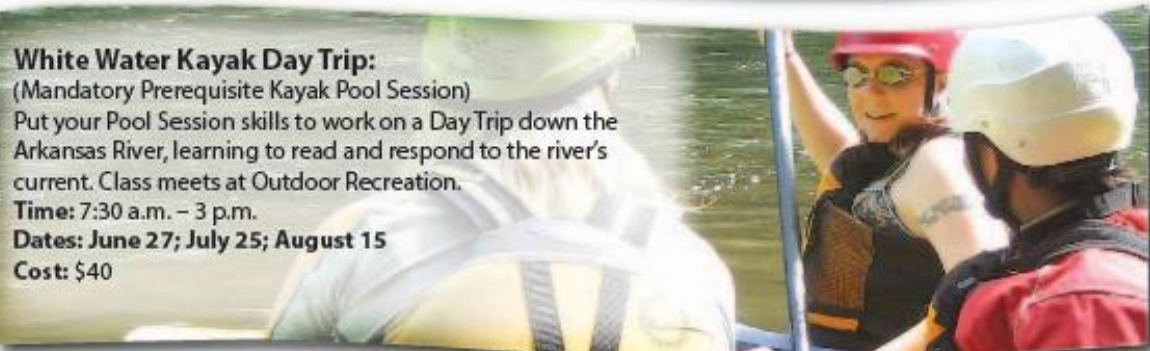
## KAYAKING PROGRAMS (FLYER)



# 2015 KAYAKING PROGRAM



**Kayaking Weekend:**  
(Mandatory Prerequisite Kayak Pool Session)  
Start Saturday kayaking Class I-II sections of the river and spend the night under the stars. Begin Sunday morning on an intermediate Class II-III section of whitewater learning to read and respond to the river's current. Class meets at Outdoor Recreation.  
**Dates:** September 5, 6  
**Cost:** \$150  
**Time:** Thurs. Sat. 7:30 a.m. – Sun. 5 p.m.



**White Water Kayak Day Trip:**  
(Mandatory Prerequisite Kayak Pool Session)  
Put your Pool Session skills to work on a Day Trip down the Arkansas River, learning to read and respond to the river's current. Class meets at Outdoor Recreation.  
**Time:** 7:30 a.m. – 3 p.m.  
**Dates:** June 27; July 25; August 15  
**Cost:** \$40



**Kayak Pool Session:**  
Gain critical equipment knowledge, basic paddling skills, and the kayak roll, all in the comfort of a heated indoor pool. Master these skills and get ready for moving water. Class meets at Outdoor Recreation. All equipment supplied!  
**Date:** April 23; May 7; June 4, 18, 25  
July 9, 23; August 13; September 3  
**Cost:** \$20 (1st time), \$15 (repeat)  
**Time:** 5:30 p.m. – 8:30 p.m.

**Questions? Call 526-3907**

**Sign up at ITR 526-5366**



More Events and Info at  
[MWRFortCarson.com](http://MWRFortCarson.com)



Fort-Carson-Adventure  
-Programs-Education  
CarsonDFMWR



@ftcarsonape  
#CarsonMWR



Adventure Programs & Education  
7093 Spocker Ave., Bldg. 2429  
Fort Carson, CO 80913



**KIDS OBSTACLE COURSE AND TREASURE HUNT (FLYER)**



**CELEBRATE!**  
Military Children  
April is the Month of the Military Child

# Kids Obstacle Course and Treasure Hunt



**April 4, 2015**

**Waller Physical Fitness Center**

**10 a.m - 12 p.m.**

**Ages 2-5**

# Free

In support of the Month of the Military Child,  
Waller Physical Fitness Center will be offering a  
Kids obstacle course with a treasure hunt!  
Toys and goodies to be found along the course.



**Questions? Call 526-2742**



More Events and Info at  
[MWRFortCarson.com](http://MWRFortCarson.com)



Waller Physical Fitness Center  
[CarsonDFMWR](https://www.facebook.com/CarsonDFMWR)



@carsonmwr  
#CarsonMWR



Waller Physical Fitness Center  
6946 Magrath Ave., Building 2357  
Fort Carson, CO 80913



### **MILITARY CHILD APPRECIATION BLUE PIN BOWLING DAY**

Military Parents and Children, join Army Community Service and Thunder Alley Bowling Center as we celebrate "Month of the Military Child" with free blue pin bowling, free pizza and great parenting resources on Saturday, April 11th from 12:30 to 5:00 p.m. at Thunder Alley Lanes. It will be a great time to celebrate our military families! Cosmic Bowling from 1 to 3 and Regular bowling from 3 to 5. Join ACS as we celebrate Military Children on Saturday April 11th at Thunder Alley Lanes. Call 719-526-1991 for more information.



ARMY COMMUNITY SERVICE

**MILITARY CHILD  
APPRECIATION  
BLUE PIN BOWLING DAY**

**SATURDAY, APRIL 11**  
**12:30 TO 5 P.M.**  
**THUNDER ALLEY LANES**  
**BUILDING 1511**

**FREE PIZZA**  
**BOWLING FUN**  
**PARENTING RESOURCES**

For more information, call (719) 524-1991, or visit  
the ACS website at [www.carson.army.mil/acs](http://www.carson.army.mil/acs)  
for details. No Registration Required.

## MILITARY FATHER-DAUGHTER BALL (FLYER)



### A MAGICAL NIGHT FOR FATHERS & DAUGHTERS

**Saturday, April 11, 2015**

All Service Branches Welcome

#### **Antlers Hilton Hotel**

4 South Cascade Colorado Springs, CO 80903

**5:30 – 9:30 pm**

(Doors open at 4:00pm)

#### **Cost:**

- \$35 E-5 and below; \$45 all others
- \$15 for each additional daughter
- Admission includes a light dinner and a dance

#### **Pre-Event Activities:**

- 4:00 pm – 9:00 pm  
Carriage Rides
- 4:00 pm – 5:20 pm  
Princess Make Up Session & Father Daughter Pictures

#### **Dress:**

Mess Dress or Class A for Active Military; Business attire for Retirees and civilians; Party dresses for daughters

**Register online  
at [ppymca.org/register](http://ppymca.org/register)**

Search 2015 Military Father Daughter Ball

February 1 thru March 31

For more information please call contact  
Drew Aquino, Military Outreach Director at  
[daquino@ppymca.org](mailto:daquino@ppymca.org) or 719.622.9622.

Financial assistance is available through the Y Assist Program.



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## MILITARY MOTHER DAUGHTER TEA (FLYER)



**“BECOMING A PRINCESS OF KINDNESS”**

**Saturday May 2, 2015**

**SOUTHEAST ARMED SERVICES YMCA**

Community Room A & B

**9:30 am – 1:00 pm**

Please join us for the 5<sup>th</sup> annual Military Mother & Daughter Tea. A dress up affair with a surprise visit by Fairy God Mother. Please bring your camera.

**Cost:**

**\$25** Military Affiliated & YMCA Members; **\$35** for Non-Members

- **\$10** for each additional Daughter
  - Includes Mother & Daughters ages 2-17
- Limited seating & childcare availability. Certain restrictions apply.

**Event Activities:**

9:30 – 10:30 am  
Crowning Ceremony  
10:30 am – 1:00 pm  
Program

**Register online  
at [ppymca.org/register](http://ppymca.org/register)**

**2015 Military Mother & Daughter Tea**

**February 1 thru April 26**

For more information please call contact  
Drew Aquino, Military Outreach Director at  
[daquino@ppymca.org](mailto:daquino@ppymca.org) or 719.622.9622.

Financial assistance is available through the Y Assist Program.







The flyer is for a 'Denim & Diamonds' event. The title is in a mix of script and diamond-encrusted serif fonts. The date and time are prominently displayed in red. The ticket price is large and bold. A starburst graphic says 'SPACE LIMITED!'. The event details include dinner, dancing, prizes, and a silent auction. A note about childcare is included. The MPSC logo features a mountain and stars. The website URL is at the bottom right. An illustration of a person's legs in jeans and red shoes is on the right side.

# Denim & Diamonds

**APRIL 17, 2015**  
**6:00 PM** **ELKHORN  
CONFERENCE CENTER**

**\$15.00**

TICKETS MUST BE PURCHASED IN ADVANCE  
LOCATIONS AVAILABLE ON OUR WEBSITE

**Dinner Dancing Prizes  
Silent Auction Entertainment**

Childcare available. \$4 .00 per hour. Child(ren) must be registered with CYS.  
Reserve by April 10, 2015 with mpse.reservations@gmail.com.

**ALL PROCEEDS TO  
BENEFIT THE MPSC  
SCHOLARSHIP AND  
WELFARE FUNDS**

**MPSC**  
Mountain Post Spouses' Club

**SPACE  
LIMITED!**

[www.MPSC.us](http://www.MPSC.us)

## **MILITARY SPOUSES APPRECIATION DAY (FLYER)**

All Military & DoD affiliated Spouses are invited to our annual Military Spouses Appreciation Day Celebration on Fri 8 May 2015 at the Southeast Armed Services YMCA . This event is FREE of charge with two sessions: 0900-1200 (Session #1) or 1300-1600 (Session #2). Please see below flyer or visit [www.ppymca.org/register](http://www.ppymca.org/register), search "2015 Military Spouse Appreciation Day" and sign up. Online RSVP only. Registration period: 1 Apr - 3 May 2015.

# **MILITARY SPOUSES APPRECIATION DAY CELEBRATION**

**Pamper yourself on this special day created just for you.  
You Deserve It!**



## **FRIDAY MAY 8, 2015**

**9:00am-4:00pm**

Session 1: 9:00am-12:00pm  
Lunch: 12:00pm-1:00pm  
Session 2: 1:00pm-4:00pm

### **FREE**

To Active Duty, Reserves, Retirees,  
Veterans & other DoD Card Holders

Bring a towel, extra workout/swim gear and extra set of clothes.  
Sign up for Healthy Living activities focused on relaxing your  
spirit, mind and body.

**Register online at [ppymca.org/register](http://ppymca.org/register)**  
April 1 thru May 3  
Search 2015 Military Spouses Appreciation Day Celebration

Military Spouses, please join us Friday May 8, 2015 for a day of pampering and relaxation. The Southeast Armed Services YMCA will host our **Military Spouses Appreciation Day Celebration** featuring beauty treatments, massages, paraffin treatments, financial advice, Christmas ideas, fashion & home decor ideas, crafts and exposure to military resources & local businesses, completely free! Limited child care is available via online registration. RSVP required. Registration: April 1 thru May 3, 2015. Online registration only, participants will be required to show proof of military affiliation or active YMCA membership. Subject to space availability.

For more info regarding this event or booth reservations please contact Drew Aquino, Military Outreach Director at [daquino@ppymca.org](mailto:daquino@ppymca.org) or 719.622.9622




FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**SOUTHEAST & ARMED SERVICES YMCA**  
YMCA of the Pikes Peak Region  
2190 Jet Wing Drive, Colorado Springs, CO 80916  
719.622.9622 • [ppymca.org](http://ppymca.org)  
[facebook.com/SoutheastArmedServicesYMCA](https://www.facebook.com/SoutheastArmedServicesYMCA)



NATIONAL LIBRARY WEEK (FLYER)



# National Library Week!

April 14-18 at Grant Library


## Free!


**Story Teller and Event on April 18, 2015**  
**From 1p.m. to 2p.m**


**Free Giveaways to the First 20 Patrons**


**Open to all DoD ID holders**

Call 526-2350 for more information.

 More Events and Info at [MWRFortCarson.com](http://MWRFortCarson.com)

 Carson Grant  
CarsonDFMWR

 @carsonmwr  
#carsonmwr

 Grant Library  
1637 Flint St., Bldg. 1528



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## **NO-COST ONLINE TAX PREPARATION AND FILING SERVICE**

The Military OneSource no-cost, online tax preparation and filing service launches in early January 2015. If you are eligible under the Military OneSource program, you can complete, save and file your 2014 federal and up to three state returns with a custom tool made available through the Military OneSource website. You must start your return from the Military OneSource online tax filing link to access this no-cost offer. This year, the tax preparation and filing tool allows you to include rental property income, second mortgages and charitable donations. The tool also has these new features:

- **Optimized for mobile devices.** Start, continue or finish your taxes on any mobile device from within a mobile browser.
- **Product customization for returning users.** Returning users now experience a much deeper customized interview focusing on everything we already know about you.
- **Refund Reveal™.** Use this feature to see how and why your refund amount increases or decreases.

If you created an account last year through Military OneSource, your login credentials for that account will still work and you will be able to access last year's personal tax information.

- For assistance logging in to Military OneSource, please call 888-363-6431 or submit a support request form.
- For technical assistance with the tax filing tool, please call 800-472-5625.
- To learn more about the tax filing service, please see the FAQs.
- For any questions regarding filing an extension through the software, please contact a Military OneSource tax counselor (800-342-9647) for further information.

The Internal Revenue Service will begin processing e-file returns during January 2015. If you complete your returns with the service offered through Military OneSource prior to the Internal Revenue Service processing date, your files will be held in a pending status. Once e-file opens, the system automatically submits the return to the Internal Revenue Service.

### **Military OneSource tax counselors**

If you have questions about this tax service or about your own tax returns, please call 800-342-9647 and ask to speak with a Military OneSource tax counselor. Trained tax counselors are available Monday through Friday, 8 a.m. to 10 p.m. Eastern time year-round and with extended hours during tax season: seven days a week from 7 a.m. to 11 p.m. Eastern time.

### **Reminders**

- Be sure to access the online tax preparation and filing software through the link provided on the Military OneSource website.

- Remember to wait until you receive all of your W-2s and other tax documents before you file your return. Otherwise, you may have to amend your return.
- Remember that e-filing is subject to the Internal Revenue Service calendar. Though you may be able to complete your return, it will not be submitted to the Internal Revenue Service until the Internal Revenue Service begins accepting e-file returns. For more information, access the [IRS.gov](https://www.irs.gov) website.
- If you are prompted for payment of any kind while using the no-cost service, please call Military OneSource (800-342-9647) immediately for assistance.
- No-cost filing through Military OneSource allows for one federal and up to three state returns per user.

#### **Best practices for filing your taxes**

- Have all of your documents and information ready when preparing your taxes (Social Security number, Taxpayer Identification Numbers, W-2s, 1099 forms, expense documents, bank account information in case of refund, etc.).
- Be sure to disclose all of your income from the year (including wages, investments, etc.).
- Determine the best way to file for yourself (prepare your taxes online, paper file or take them to a preparer).
- File early (it's best to do it once you receive all of your documents, reducing the risk of misplacing them, reducing the wait time for receiving a refund and/or avoiding penalties for late filing).

#### **Military W-2s**

You may have access to military W-2s and other tax statements through your [myPay](#) account on the [Defense Finance and Accounting Service website](#). Please note that:

- A schedule for when these tax statements will be available on myPay or mailed to your address is usually posted on the [Defense Finance and Accounting Service website](#) between mid-November and mid-December each year.
- Service members who have separated may also access myPay for a year after separation. Therefore, it is important to keep myPay login information available, as it will save time when you are ready to file your taxes. For more information, visit the [myPay website](#).

# Military OneSource

## Offers **FREE** Tax Consultation & eFiling

- ✓ Maximize your refund
- ✓ Take advantage of our simple, easy process
- ✓ Use your tax refund wisely - save money and pay off debt

Visit **MilitaryOneSource.mil** to file your federal and state taxes.



***Call.*** 1-800-342-9647   ***Click.*** [MilitaryOneSource.mil](http://MilitaryOneSource.mil)   ***Connect.*** 24/7

Provided by the Department of Defense at no cost to service members  
(active duty, Guard, and Reserve) and their family members.



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## **OPERATION PURPLE TETON SCIENCE SCHOOLS SUMMER CAMP (FLYER)**

Teton Science Schools in Jackson, Wyoming is offering a free summer camp from July 13-17, 2015 for military kids who are between the ages of 11 and 17 and who have parents who have been, are currently, or will be deployed. The camp is co-sponsored by Operation Purple - a program of the National Military Family Association.

# **FREE SUMMER CAMP FOR MILITARY KIDS**

## **at Teton Science Schools**

**For ages 11-17 • July 13-17, 2015**

**Embark on an adventure of a lifetime  
in beautiful Jackson Hole, Wyoming!**



Join military kids from across the country in an exciting exploration of the natural wonders of Grand Teton National Park.



- Canoe glacially carved lakes
- Develop your outdoor leadership skills on the Doug Walker Challenge Course
- Hike the trails
- Make a difference through service projects in this inspiring landscape!



**Come make new friends and celebrate being a military kid while having fun in the Tetons!**

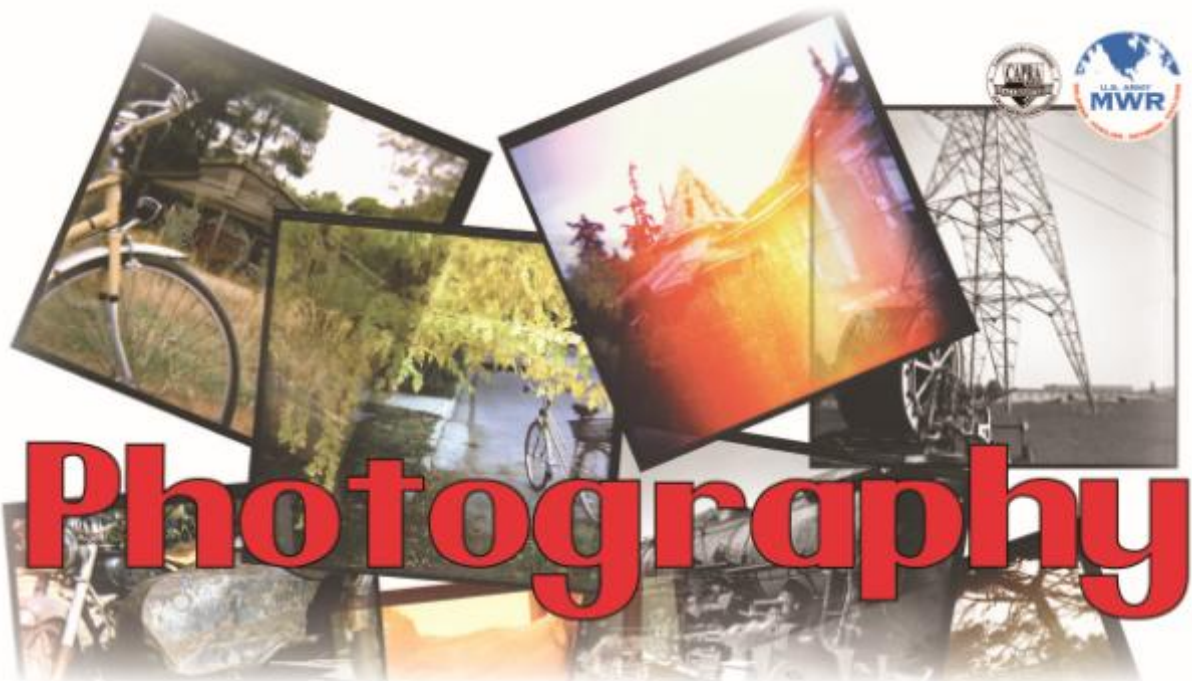


**OPERATION  
PURPLE®**

A Program of the  
National Military  
Family Association

**The National Military Family Association's  
Operation Purple® camps offer a free week  
of fun for military kids with parents who have been,  
are currently, or will be deployed.**

## PHOTOGRAPHY COURSES (FLYER)



### Spring Photography Series:

Grab your SLR and learn some new skills in our 3 part series photography class. Get ready to capture the breathtaking views at Garden of the Gods and Cheyenne Canyon. Learn the basics of photo manipulation using photoshop and iPhoto from an expert at the Outdoor Recreation Center.

**Dates:** April 16, 30; May 7

**Times:** 5:30 p.m. - 8 p.m.

**Cost:** \$10 per class or \$25 for all three

### GoPro Photography Course:

Move beyond the helmet cam and selfie stick and get a new perspective on devices from the action sports experts at Fort Carson. Learn how to capture quality videos and pictures as well as editing, media storage and media sharing. Go Pros available or bring your own.

**Dates:** July 14; October 7

**Times:** 5:30 p.m. - 8 p.m.

**Cost:** \$10 per class

**Questions call 526-3907. To sign up call or come into ITR (719) 526-5366**



More Events and Info at  
[MWRFortCarson.com](http://MWRFortCarson.com)



FortCarsonAPE  
CarsonDFMWR



Follow us!  
@FortCarsonAPE



Outdoor Recreation Complex  
7093 Specker Ave. Bldg. 2429

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### **RED CROSS YOUTH VOLUNTEER PROGRAM**

The Fort Carson Red Cross, on behalf of EACH, offers a unique Youth Volunteer Summer Program from May 26-July 31. Applications will be available for pickup in the hospital Red Cross office, room 1011 starting March 23. This program is designed so that the participants can "try on" a career in health, learn new skills, serve the community, and earn volunteer hours. Interested youths must be between the ages of 14-17 years old, hold a military identification card, and submit a completed Red Cross Summer Volunteer Youth Program application by April 17. For more information contact the American Red Cross at 526-7144.



## ROCK CLIMBING (FLYER)



# ROCK CLIMBING

## Morning in the Garden:

*Recommended Prerequisite:*

*Climbing Wall Orientation*

Experience a morning rock climbing adventure and ascend the rock formations in the Garden of the Gods.

Class meets at Garden of the Gods Visitor Center.

Dates: April 18;

May 9; October 10

Times: 9 a.m. – 12 p.m.

Cost: \$35

## Outdoor Rock:

*Recommended Prerequisite:*

*Climbing Wall Orientation*

Learn the skills to start climbing on your own. These full-day courses cover technical aspects of climbing, like basic anchors, route cleaning, rappelling, and beginner lead climbing.

Dates:

June 13; July 11;

August 22; September 26

Time: 7:30 a.m. – 4 p.m.

Cost: \$50

To sign up:

Stop in or Call ITR 526-5366

## Evening in the Garden:

*Recommended Prerequisite:*

*Climbing Wall Orientation*

Experience a "Purple Mountains

Majesty" during Colorado

twilight hours. Evening rock

climbing class meets at Garden

of the Gods Visitor Center.

Dates: June 10, 24; July 8

(July 22 Make Up Rain Date)

Times: 5:30 – 8:30 p.m.

Cost: \$35

Questions? Call 526-3907



More Events and Info at  
[www.mwrfortcarson.com](http://www.mwrfortcarson.com)



Fort-Carson-Adventure  
Programs-Education  
CarsonDFMWR



Follow us!  
@ftcarsonnow



Adventure Programs & Education  
7093 Specker Ave., Bldg. 2429  
Fort Carson, CO 80913

**ROD BENDERS SHOW AND SHINE (FLYER)**



The flyer features a central gear-shaped logo with the text "FORT CARSON AUTO SKILLS" at the top, "ROD BENDERS" in large letters in the middle, "SHOW AND SHINE" below it, and "FREE" at the bottom. To the left of the logo are two circular logos: "MWR" and "CAPRA". Below the logo, the dates "April 16, May 14, June 11, July 16" and the time "5:00 p.m. - 8:00 p.m." are listed. A list of bullet points follows, detailing the event's activities and accessibility. At the bottom right, there is an illustration of a car wheel and several tires. The footer contains contact information and social media links.

**FORT CARSON AUTO SKILLS**

**ROD BENDERS**

**SHOW AND SHINE**

**FREE**

April 16, May 14, June 11, July 16  
5:00 p.m. - 8:00 p.m.

- Come and hang out with us at the Fort Carson Rod Benders Show and Shine!
- Meet with other car enthusiasts and show off your SWEET ride!
- All vehicles are welcome!
- Food and refreshments are provided.
- Open to the Public  
Ages 16 and up
- Auto Skills  
Bldg. 2427 Wetzel Ave.  
Fort Carson, CO. 80913

**Questions? Call 526-2147**

 More Events and Info at [MWRFortCarson.com](http://MWRFortCarson.com)

 Fort Carson Auto Craft  
[CarsonDFMWR](https://www.facebook.com/CarsonDFMWR)

 @carsonmwr  
#carsonmwr

 Fort Carson Auto Skills  
7001 Wetzel Ave. Bldg. 2427

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## SCREAM FREE PARENTING YOUR TEENAGER (FLYER)

**Army Community Service (ACS) Family Advocacy Program (FAP)**



**screamfree**  
**PARENTING**  
**-Your TEENAGER-**  
**SEMINAR**

**Thursday, April 9<sup>th</sup> 2015**

**11:30 a.m. to 1 p.m.**  
**The HUB, Building 1532**

Hal Runkel is the New York Times bestselling author of  
ScreamFree Parenting and ScreamFree Marriage.

**For more info, call (719) 524-1991 or register at [www.carson.army.mil/acs](http://www.carson.army.mil/acs)**

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## SEXUAL ASSAULT AWARENESS MONTH

Sexual Assault Awareness Month-

Several events are scheduled for Sexual Assault Awareness Month, which runs through April.

--April 1: A cake cutting ceremony takes place April 1 at 11 a.m. at Wolf Dining Facility, building 1444.

--April 8: Guest Speaker Veraunda Jackson is at McMahon Auditorium at 9:30 a.m.

--April 14 -16: "Got Your Back" seminars take place at McMahon Auditorium (Sign up thru Unit SARCs) --April 15: A SHARP outreach booth is at the Fort Carson Exchange --April 21-23: A "Sex Signals" production is at the Special Events Center

April 21 and McMahon Auditorium April 22-23 (Sign up thru Unit SARCs) --April 25: Sexual Assault Awareness 5K Run is at Iron Horse Park Pavilion at 8:45 a.m.

--April 29: Denim Day (Consult with unit) --April 29: A SHARP outreach booth is at the Fort Carson Commissary --April 30: Sexual Assault survivors tell their stories

at McMahon Auditorium at 9:30 a.m.



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**SPARTAN RACE COMES TO FORT CARSON (FLYER)**



**THE 2015 COLORADO  
SPARTAN SPRINT**  
◀ @ FORT CARSON • MAY 2-3 ▶

**Reebok  
SPARTAN RACE**

**WWW.SPARTAN.COM**

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**SPECIAL FORCES CHALLENGE (FLYER)**



**2ND ANNUAL  
SPECIAL FORCES  
CHALLENGE**

**DO YOU HAVE WHAT IT TAKES TO SURVIVE THE ARMY'S  
ELITE SPECIAL FORCES, GREEN BERET OBSTACLE RACE?**

THIS DEMANDING 5K OBSTACLE RACE WILL TEST EVERY ASPECT OF YOUR  
PHYSICAL ABILITY WHILE BENEFITING THE COMMUNITY WITH 100% OF THE  
PROCEEDS GOING DIRECTLY TO THE SPECIAL FORCES SCHOLARSHIP FUND.

**SATURDAY JUNE 6 2015 8:00A.M.**  
LOCATION: Fort Carson, Special Forces Compound  
COST: \$30 per person  
ONLINE REGISTRATION: [RunningGuru.com/Event/13500](http://RunningGuru.com/Event/13500)

For more information, sponsorship and donation opportunities  
contact Gary Bloomberg at [100SFScholarshipFund.org](mailto:100SFScholarshipFund.org) or visit  
[SFScholarshipFund.org](http://SFScholarshipFund.org)

Facebook Page: <https://www.facebook.com/pages/Special-Forces-Challenge/12887584105619>  
Please note the age requirement to register and participate is 14 years of age.  
The Special Forces Scholarship Fund is a 501 (C)(3) that provides  
educational scholarships to the sons and daughters of our Green Berets.

Made Possible By:

 **Colorado Springs  
Orthopaedic Group**

 **POWERS  
DENTAL GROUP**



**SPRING MOUNTAIN BIKE TRIPS (FLYER)**

A flyer for Spring Mountain Bike Trips. The background is a photograph of a person in a red jacket and helmet standing next to a mountain bike on a grassy hill with patches of snow. In the distance, there are rocky mountains under a blue sky with white clouds. The flyer includes logos for MWR and CAPRA, the title 'Spring Mountain Bike Trips', dates and times, price, and a description of the course. A contact number and social media links are at the bottom.

 **Spring Mountain  
Bike Trips** 

**April 22 and May 6 • 5:30-8:00 p.m.**

**\$10 per person.**  
Price includes bike rental

Whether it's your first time without training wheels, or you are a local expert, sign up for this course to ride some new trails and pick the brain of our expert instructors. We'll cover basic technique and on-the-trail mechanics while enjoying some local riding. Class meets at the Outdoor Recreation Complex.

**Questions? Call 526-3907**

 More Events and Info at [MWRFortCarson.com](http://MWRFortCarson.com) |  [FortCarsonAPE](#) [CarsonDFMWR](#) |  Follow us! [@FortCarsonAPE](#) |  Outdoor Recreation Complex  
7093 Specker Ave. Bldg. 2429

# **TRAUMATIC BRAIN INJURY (TBI) "BACK TO BASIC"**

**WHAT IS TBI?**

**BLAST INJURY**

**WHO?** ANYONE WITH A TBI OR INTERESTED IN LEARNING MORE ABOUT TBI

**WHAT?** APPROXIMATELY ONE HOUR PRESENTATION WITH QUESTIONS, ANSWERS  
AND RESOURCE INFORMATION

**WHEN?** AN OFFERING OF 4 IDENTICAL CLASSES - CHOOSE THE BEST TIME FOR YOU!

**8 April 1300-1400 at SRP**  
**15 April 1130-1230 at WRC**  
**22 April 1600-1700 at WRC**  
**29 April 1230-1330 at SFAC**

**WHERE?**

**Soldier Readiness Processing Center (SRP) (BUILDING 1042-ROOM #224 or #204)**  
**Warrior Recovery Center (WRC) (BUILDING 7489-Conference Room #121)**  
**Soldier and Family Assistance Center (SFAC) (BUILDING 7492 Titus Blvd)**

**WHY?** SO YOU CAN TAKE CARE OF YOURSELF OR YOUR BUDDY

**PRESENTED BY:**

**ROBIN WININGER, MS, CBIS**  
**REGIONAL EDUCATION COORDINATOR**  
**FOR THE DEFENSE AND VETERANS BRAIN INJURY CENTER**  
**THE TBI OPERATIONAL COMPONENT OF THE DEFENSE CENTERS OF EXCELLENCE**

**CALL: 719-526-8636**

**TO RESERVE YOUR SPOT AND FOR MORE INFORMATION!**  
*Additional Classes for groups of 5 or more are available through coordination with DVBIC*



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## **TEEN EMPLOYMENT EVENTS**

April 11, 18 and Teen Career Fair on April 30

Army Community Service (ACS), Employment Readiness Program (ERP), has partnered with Directorate of Family and Morale, Welfare and Recreation (DFMWR), Child, Youth and School Services (CYSS) Program to host a Teen Career Fair. The Teen Career Fair is scheduled for April 30 from 3:30-7 p.m. at the Youth Services Center, 6181 Ware St., building 5950 Colorado Springs, CO, 80913. This event will provide teens an opportunity to improve employment related skills and to network with local employers and Military Spouse Employment Partnership (MSEP) partners.

In addition to the job fair, there will be two workshops for teens that will help them prepare for the job fair. The first workshop (Resume Review & Interview Techniques) will be held April 11 from 2-4 p.m. and the second workshop (Dress for Success - Mock Interviews) will be held April 18 from 2-4 p.m. Location for all events is the Youth Services Center, 6181 Ware St., building 5950 Colorado Springs, CO, 80913. For more information, call ACS Employment Readiness at 526-0452; registration is online at [www.carson.army.mil/acs](http://www.carson.army.mil/acs).

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**VETERAN'S BENEFIT ABOVE THE CLOUDS (FLYER)**

**VETERANS BENEFIT**  
ABOVE THE CLOUDS  
*Saturday*  
**APRIL 18, 2015**  
**Ute Pass Cultural Center**  
**WOODLAND PARK, CO**

**SPECIAL FORCES**  
**DE OPPRESSO LIBER MC**  
**SCHWARZE TEUFEL**  
**SFMC CHAPTER 10**

\* All proceeds benefit the *Special Forces Charitable Trust* and the *Green Beret Foundation*

**POKER RUN**  
**RIDE IN BIKE SHOW**  
**TATTOO CONTEST**  
**BEER GARDEN**  
**LIVE MUSIC**



**719-687-3567**



Michael's  
Motorcycle Works  
WOODLAND PARK, CO



Cripple Creek & Victor  
Gold Mining Company  
CRIPPLE CREEK, CO



S.Y.S. AUCTION  
AND SALES  
719-505-2015



**BIG DAWG**  
**SANDWICHES**



**PIKES PEAK**  
Auto Body  
Specialists



**SOUTH PLATTE**  
FLY SHOP

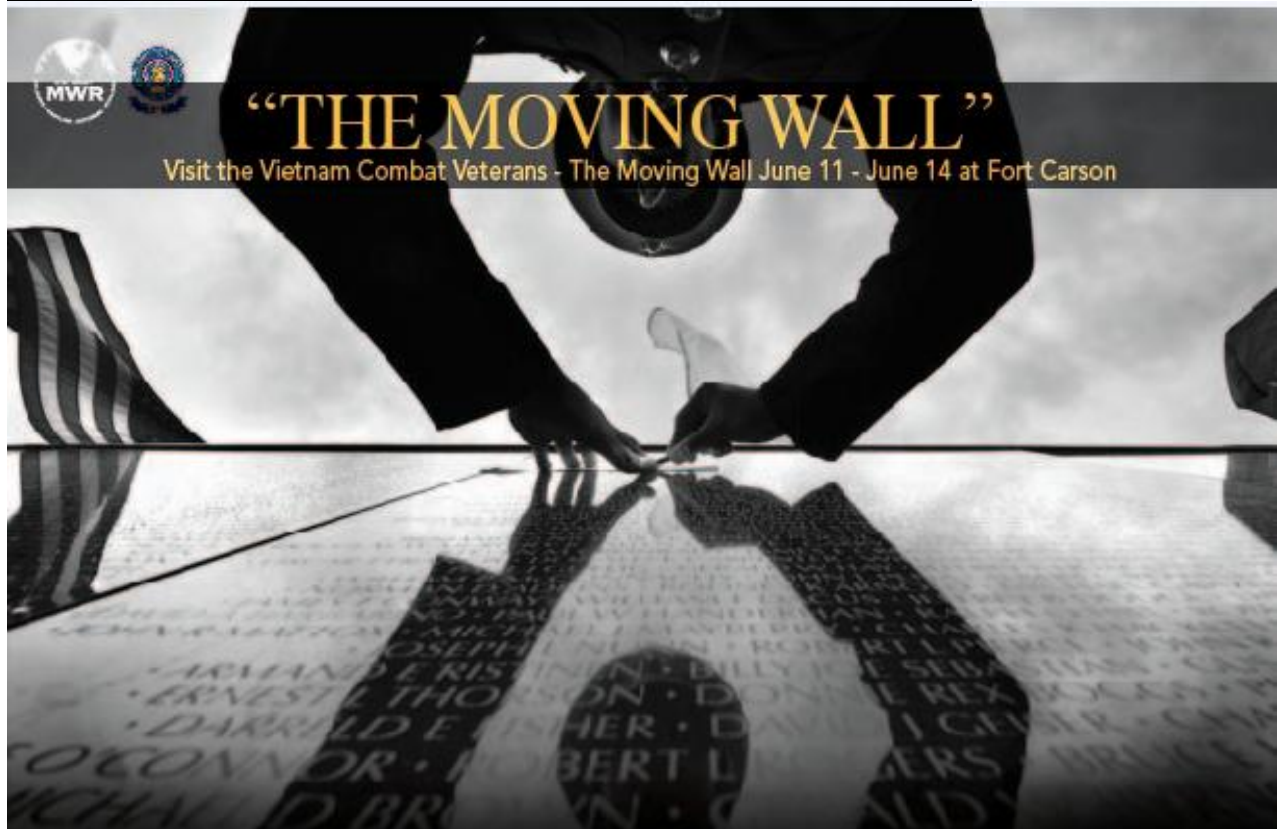


**Mountain Bar & Grill**



**LN Signs**  
Divide, CO

## VIETNAM VETERANS WELCOME HOME CEREMONY (FLYER)



MWR

# “THE MOVING WALL”


Visit the Vietnam Combat Veterans - The Moving Wall June 11 - June 14 at Fort Carson

F O R T C A R S O N D F M W R P R E S E N T S

# VIETNAM

V E T E R A N S W E L C O M E H O M E C E R E M O N Y

<p><b>Ceremony:</b> June 11, 2 p.m. at the Kit Carson Memorial Park, outside Fort Carson's Gate 1 off Hwy 115.</p> <p><b>Parking:</b> I.D. Card Holder must park in designated event parking lot inside of Gate 1.</p> <p>Parking for the Public is across Hwy 115 at the Cheyenne State Park. Shuttle Service is provided.</p>	<p><b>Veterans:</b> Please allow Fort Carson and the Colorado Springs Community to Welcome You Home!</p> <p><b>Public:</b> Please help Fort Carson give our Heros the homecoming they deserve.</p>	<p>The Moving Wall is on display beginning June 11 at 12 p.m. until 8 a.m. June 15. Available 24 hours a day, at the Kit Carson Memorial Park, outside Fort Carson's Gate 1 off Hwy 115.</p>	<p><b>Volunteer Opportunity:</b> Please call if you or your organization is interested in being a volunteer. (719) 526-1082</p> <p>For information call (719) 526-1867</p>
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 [facebook.com/CarsonMWRRevents](https://facebook.com/CarsonMWRRevents)  
[www.mwrfortcarson.com](http://www.mwrfortcarson.com)

To participate as an Exhibitor please call (719) 524-4495 or write to [anne.c.connor.naf@mail.mil](mailto:anne.c.connor.naf@mail.mil)



## **WEIGHT LIFTING SEMINAR (FLYER)**



# **WEIGHT LIFTING SEMINAR**

**Wednesdays, 6:30-8 p.m. & Saturdays, 9-10:30 a.m.  
at Garcia Physical Fitness Center**

**\$20 PER SESSION**

**Limited platforms available.**

**Call 719-433-4087 to sign up in advance  
or sign up in person at Garcia Physical  
Fitness Center. Must be 18+ to  
participate. Open to personnel with  
valid DoD identification.**



**TRAIN WITH  
COACH  
OSCAR CHAPLIN**

**Questions? Call 526-3944**



More Events and Info at  
[MWRFortCarson.com](http://MWRFortCarson.com)



Garcia Physical Fitness Center  
CarsonDFMWR



@carsonmwr  
#CarsonMWR



Garcia Physical Fitness Center  
6360 Porter St., Building 1856  
Fort Carson, CO 80913

## WHITE WATER RAFTING (FLYER)

# White Water Rafting

### Whitewater Rafting:

Enjoy a fun and wild ride through Big Horn Sheep Canyon on the mighty Arkansas River. Your role is key as your guide calls out commands and steers you through some of Colorado's rapids.

No experience is necessary.

(Individuals must be able to swim, weigh a minimum of 60 lbs., and be at least 8 years old)

Spots fill up quickly, so reserve your trip today!

**Dates:** Every Friday, Saturday or Sunday starting May 30 until August 9

**Cost:** \$50 per individual, \$47 per person for groups of 5 or more.

**Time:** 7 a.m. - 3 p.m.



### Royal Gorge

### Whitewater Rafting:

Join us on this Big Horn Sheep rafting trip, and ride the rapids of the Royal Gorge. (Individuals must be able to swim aggressively, weigh 100 pounds, and be 16+ years of age). Only 12 spots available, so reserve your trip today!

**Dates:** July 19th

**Cost:** \$90 per person. Includes lunch.

**Time:** 7 a.m. - 4 p.m.



More Events and Info at  
[MWRFortCarson.com](http://MWRFortCarson.com)



Fort Carson Adventure  
Programs & Education  
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Adventure Programs & Education  
7093 Specker Ave., Bldg. 2429  
Fort Carson, CO 80913





### Family Full Day:

Whitewater rapids, swimming, splashing, and play are the emphasis on this Family Full Day excursion on the Arkansas River. Journey twice the distance of our regular raft trip!

No experience necessary. (Individuals must be able to swim, weigh a minimum of 60 lbs., and be 8+ years old)

**Dates:** July 18th, August 1

**Cost:** \$70 per person, includes lunch; \$50 for ages 8-14.

**Time:** 7 a.m. – 5 p.m.

### Overnight Raft Trip:

Experience exhilarating whitewater during the day and sleep under the stars in Brown's Canyon. This section of the Arkansas River is one of the most scenic runs in Colorado. There's nothing like whitewater, camping, having fun with friends, and getting away from it all while on the river!

**Dates:** June 27-28; July 4-5; July 11-12

**Cost:** \$155 per person

**Time:** Saturday 8 a.m. to Sunday 5 p.m.

Questions call 526-3907. To sign up call or come into ITR (719) 526-5366



More Events and Info at  
[MWRFortCarson.com](http://MWRFortCarson.com)



Fort Carson Adventure  
Programs Education  
[CarsonDFMWR](https://www.facebook.com/CarsonDFMWR)



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